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Spicy Apple-Filled Squash

Budget-friendly recipe

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Ready in: 1 hours 10 mins.

Cinnamon and cloves spice up traditional acorn squash wedges.



Ingredients

- 1 Large acorn squash *about 1 pound*
- 1 tablespoon Brown Sugar
- ¼ teaspoon Ground cinnamon
- 1 cup Water
- 2 teaspoons Butter
- ⅛ teaspoon Ground cloves
- 1 Large apple *cored, peeled, and chopped*
- ⅛ teaspoon Nutmeg

What You'll Need

- Measuring spoon
- Cutting board
- Sharp knife
- 13x9 Baking dish
- Fork
- Medium saucepan

Directions

1. Preheat oven to 400°F.
2. Cut squash into halves and scoop out the seeds. Place squash, cut side down, in 13x9-inch baking dish.
3. Add water and bake 35 to 45 minutes or until fork-tender.
4. While the squash is baking, cook the rest of the ingredients in a medium saucepan over medium heat for about 8 minutes or until apple is crisp-tender.
5. Cut each piece of squash in half and divide the apple mixture equally among squash wedges. Return squash to oven; bake 10 minutes more or until heated through and serve while hot.

Nutrition Info and more

Serving size: 1 piece

Total calories: 99 Total fat: 2 g Saturated fat: 1 g Carbohydrates: 21 g Protein: 1 g Fiber: 4 g Sodium: 18 mg